The Essentials of Tobacco Cessation

Disclaimer: This presentation is not intended to substitute for a tobacco cessation program or group run by a qualified professional. Contents viewed are the professional opinion of the author and should not be construed as official Department of the Army policy or doctrine

AFSC – On the Line

Facts:

- **Smoking kills over 400,000 Americans each year (1 out of 5 deaths)**
- **Tobacco Use is the** MOST PREVENTABLE CAUSE **of premature death in the U.S.**

Tobacco Addiction is insidious

- ✓ Social aspects - once very acceptable
- ✓ Allure is now waning (considered “cool” - still an icon for the ‘rebellious’)
- ✓ Easy to relapse, hard to maintain abstinence
- ✓ Short term effects (alertness), “pleasure” easily noted, long term benefits of quitting more elusive; discipline is HARD!

Facts: Cigarette Smoking

- ✓ Historically accepted and marketed
- ✓ Cigarettes contain over 4000 compounds with 43 known carcinogens (carbon monoxide…)
- ✓ 1 cigarette smoked = 11 minutes life-lost
  - ➢ Average smoker dies 7 years earlier
- ✓ Death from severe lung disease 10 times higher
- ✓ 2-17+ times greater risk of developing cancer

Nicotine and Heart Disease

- ✓ Tobacco use is a major risk factor for stroke and heart attack
- ✓ Heart disease is the leading cause of death in the USA
- ✓ 70 % higher risk of heart disease in tobacco users and 2-6 X risk of sudden death

Cancers Associated with

Tobacco Use

- ✓ Lung (even more with asbestos exp.)
- ✓ Breast and cervical
- ✓ Oral
- ✓ Esophageal (worse with alcohol use)
- ✓ Pancreas and stomach
- ✓ Bladder
- ✓ Prostate (2.5 X risk)
- ✓ ETC……

Other tobacco related diseases

- ✓ IMPOTENCE!
- ✓ **High blood pressure (AAA, MI, Stroke)**
- ✓ **Berger's disease**
- ✓ **Birth defects, lower IQ**
- ✓ **Asthma, COPD, RAD, Bronchitis etc…**
- ✓ **Decreased immune status/increased illness**
- ✓ **Gum and dental disease, loss smell/taste**
- ✓ **Ulcers and increased stomach acid**
- ✓ **More accident prone, longer injury recovery**

More Tobacco Facts

- 2nd Hand smoke causes an estimated 3000 deaths from lung cancer and untold deaths from heart disease, each year
- 1/2 of all smokers die prematurely due to tobacco related disease
- Cigars are just as dangerous even if not inhaled - nicotine DOSAGE is key and other smoke toxins are still absorbed

Smokeless Tobacco (chew, snuff, etc.)

- ✓ NOT **a safe "alternative" to smoking!**
- ✓ ALL **tobacco products contain chemicals and carcinogens that are dangerous**
- ✓ **Nicotine in this form is just as dangerous for your heart and other organs(i.e. cancer)**
- ✓ **1 can dip = 3 packs of cigarettes = 90 - 150 mg of nicotine**

Nicotine Replacement

- 1 pack of cigarettes = 20 - 50 mg nicotine
  - 1 cigarette = 1 - 3 mg
- Patches at 7 mg, 14 mg, and 21 mg (adjunct)
  - Works to minimize cravings/withdrawal and taper dosage
  - Works best with behavior modification/education classes
  - Can cause local irritation
  - Typical dosing:
    - Week 1 & 2 -- 21 mg
    - Week 3 & 4 -- 14 mg
    - Week 5 & 6 -- 7 mg

The Patch

- ✓ **Place new patch each day to relatively hairless part of skin, between neck and waist**
- ✓ **Limit alcohol, caffeine, high fat diets and anything else that may increase cravings**
- ✓ **Start at lower dosage if less than 100 pounds or smoking less than 10 cigarettes/day**
- ✓ **AVOID all other tobacco products while on patch or gum (may overdose)**
- ✓ **Avoid patch use before strenuous exercise**
- ✓ **Beware of safe disposal (pets and kids may get!)**

Nicotine Replacement (cont.)

- **Nicotine Gum (resin)**
  - **Each piece = 2 mg nicotine**
  - **Do NOT CHEW (bite and absorb)**
  - **Can be ADDICTING also**
  - **Spiking nicotine dosage**
  - **May use as adjunct to patch (breakthrough cravings)**
  - **Do not swallow!**
  - **Avoid with other tobacco products**

Side Effects of Nicotine Replacement

- ✓ Burning sensation
- ✓ Vivid dreams
- ✓ Light headedness, loose stool, decreased sleep, headache,
- ✓ Indigestion

Initially, smoking cessation FEELS worse…

- Lung lung that moves foreign particles capacity and healing begin
- cilia (part of out) regain function:
  - Cough is increased
  - sputum production initially worsens

Obstacles of quitting tobacco

- 2-3 days: Major withdrawal symptoms noted:
  - sleep difficulties
  - irritability
  - poor concentration
- 2-3 weeks: Physical and emotional fatigue, boredom, sadness, loneliness
- 2-3 months: Overconfidence (just one will be OK…)

Common excuses

- ✓ **“I’ll gain weight!”**
  - **Yes, but this can be limited with exercise and diet**
- ✓ **“I’m too old to quit!”**
  - You are never **too old or too late to get benefits**
- ✓ **“I’m afraid of withdrawal.”**
  - **Symptoms will last only 1-4 weeks, benefits are lifelong**
  - **Withdrawal can be managed with nicotine replacement etc.**

Common triggers

- ✓ Stress
- ✓ Alcohol
- ✓ anger/frustration
- ✓ boredom
- ✓ coffee
- ✓ party/social influences
- ✓ driving

-Reality-

- Tobacco is a stimulant and actually increases stress on your body by:
  - increasing your blood pressure
  - constricting certain blood vessels in your body and even causing ‘vasospasm’
  - increases metabolism
  - decreasing hunger
  - Sympathetic system (fight or flight) stimulated

Symptoms and Solutions

SYMPTOMS	SOLUTIONS
✓ Cough	✓ Sip warm drinks ✓ Cough suppressants
✓ Depression/Fatigue	✓ Exercise daily/good sleep ✓ Get family/social support ✓ Stock low calorie snacks
✓ Hunger	✓ Drink 6-8 glasses water/day ✓ chew sugarless gum
✓ Sleep difficulties	✓ Warm shower before bed ✓ Avoid late alcohol/caffeine

Benefits of Tobacco Cessation

- ✓ 20 minutes: Blood pressure and pulse normalize
- ✓ 8 hours: oxygen level normalizes
  - ➢ Heart attack risk decreases
- ✓ 48 hours: taste and smell improves
- ✓ 48-72 hours: nicotine leaves system
- ✓ 72 hours: lung capacity improves
- ✓ 2-5 years: heart disease risk is dramatically decreased, possibly to non-smoker levels
- ✓ 5-10 years: lung cancer risk halved (10 –15 years may approach rate of never smokers)

The benefits of effective exercise

- ✓ Increases metabolism and energy level
- ✓ Stress relief
- ✓ Improves blood pressure, weight, cholesterol
- ✓ Positive self-image developed
- ✓ Effective anti-depressant

Exercise Plan

- ✓ Start slowly and gradually increase (Get doctor's advice!)
- ✓ Warm up for 5-10 minutes and stretch! Cool down for 10 - 15 minutes
- ✓ Goal: 3-5 times/week for 20 - 40 minutes
- ✓ MODERATE exercise is FINE!
- ✓ Target pulse = 60-80% of target heart rate
  - ➢ Target heart rate = (220 - age)
- ✓ Do something you <u>enjoy</u>, work out with others

Other Strategies

- ✓ Cold turkey vs. gradual tapering
- ✓ Gradually increase intervals between
- ✓ smokes/chews
- ✓ Brush teeth after every meal!
- ✓ Lower nicotine brand
- ✓ Limit where you can smoke
- ✓ Decrease stress
  - ➢ better time management
  - ➢ make time for rest and relaxation

Tobacco Cessation and Stress

- ✓ **Nicotine is NOT an effective means to cope with stress**
- ✓ **Other relaxation techniques:**
  - ➢ **Deep breathing/meditation/yoga**
  - ➢ **Exercise**
  - ➢ **Music**
  - ➢ **Professional and social support**
- ✓ **Look at stress and your perceptions**

Healthy Diet basics

- Be realistic!
- Eat at least 3 meals a day(hunger may trigger a relapse)
- Low fat, high fiber benefits
  - Decreased cancer risks
  - Essential vitamins
  - Improved heart risks
- Fresh vegetables always best

More Dietary Tips

- ✓ Decrease alcohol use and food portions
- ✓ Moderation is important, but be realistic
- ✓ Avoid late night snacks
- ✓ Consider other diets (Adkins, L.A. Weight Loss, South Beach), but consult with your physician first!

Nicotine and Depression

- ✓ **S-Suicide**
- ✓ **I-Interests, Hobbies**
- ✓ **G-Guilt or hopelessness**
- ✓ **E-decreased ENERGY**
- ✓ **C-Concentration (lack of)**
- ✓ **A-Appetite (abnormal)**
- ✓ **P-Psychomotor agitation**
- ✓ **S-Sleep(abnormal)**

(warning signs)

****Any thoughts of suicide or a combination of 2 or more of these signs present indicate an immediate need to consult with your health professional****

Zyban™

- ✓ **Anti-depressant medication (other name is Wellbutrin or buproprion)**
- ✓ **Exact mechanism unknown**
- ✓ **Used to minimize withdrawal symptoms**
- ✓ **Success linked to Zyban™ <u>COMBINED</u> with Stop Smoking classes/groups/ counseling**

Zyban™ (contd)

- Don’t take if:
  - Already taking an anti-depressant (unless cleared by physician)
  - seizure history
  - history of bulemia, anorexia
  - diabetic on insulin
- Side effects: insomnia, dry mouth, tremors, psychosis(dreams), rash, stomach upset
- Expensive

Zyban™ (contd)

- ✓ Dosage: start 150 mg a day for 3 days then increase to twice daily
- ✓ Takes 1 week to obtain steady blood levels
- ✓ Target quit date within 2 weeks
- ✓ May combine with patch
- ✓ Avoid alcohol
- ✓ Maximum use: 12 weeks

Relapse Plan

- Be specific and write it down
  - Who do I call or talk to?
  - Balance self-criticism with forgiveness
  - Turn negative perceptions into positive ones
- Reward self in other ways
- Renew resolve and remind self of accomplishments and hard work

Putting it all together

- ✓ Must have a true desire to quit
- ✓ Have a plan
- ✓ Let friends and family know and get them involved
- ✓ Look at habits and places you frequent (triggers)
- ✓ Have a good attitude (learn from failures)
- ✓ Integrate good diet and exercise habits

Summary

- ✓ **Share your learning with another person – helping others may help you too!**
- ✓ **Be forgiving to yourself and reward progress**
- ✓ **Take one day at a time!**
- ✓ **Thank you for your time – just by viewing these slides, you have taken an essential FIRST STEP to a healthier life!**